

Faculty

Program Director - Clifford Kuhn, MD is Professor of Psychiatry at the University of Louisville School of Medicine. His work with cancer patients and experience as a standup comedian provide a unique perspective for his research into healthy humor strategies, techniques, and interventions.

Paul McGhee, PhD is internationally known for his own research on humor. He has published 11 books on humor, including *How to Develop Your Sense of Humor: An 8-Step Humor Development Training Program*. He now works full time as a professional speaker.

Leslie Gibson, RN, BS is a graduate from Purdue University School of Nursing and also holds a degree in Health Care Administration. Her pioneering work has inspired health care professionals as well as corporations to recognize the value of humor. She has also appeared on numerous television and radio talk shows, including Phil Donahue and American Health Network.

Candace Pert, PhD formerly of the National Institutes of Health and currently a Research Professor at Georgetown University Medical Center, is an internationally recognized scientist and lecturer on her theories of emotions as the chemicals of mind-body communications. She recently published *Molecules of Emotion: Why You Feel the Way You Feel* (Scribner).

David Felten, MD, PhD is the Kilian J. and Caroline Schmitt Professor of Neurobiology and Anatomy. He received both an M.D. and Ph.D. from the University of Pennsylvania. His research has demonstrated the neural "hard wiring" from the brain to the immune system. Dr. Felten is the past recipient of a MacArthur Foundation Prize Fellowship and has received two 10-year MERIT Awards for research from NIH (Aging and Mental Health).

Patty Wooten RN BSN is a woman who knows how to laugh! She is Director of Jest for the Health of It!, has been a recognized leader in the field of humor and health and is the past president of the American Association for Therapeutic Humor. As a nurse, international speaker and delightful clown, Patty has improved the laugh lives of thousands of people. Patty is also the author of two best selling books about therapeutic humor.

Carnival's "Fun Ship" Celebration offers shimmering pools and acres of deck space for lounging in the warm sunshine. So many activities are offered, you won't be able to try them all. "Welcome Aboard" Run Swizzle Party; Gala Captain's Dinner; Captain's Cocktail Party; Gala Midnight Buffet; Fine and Casual Dining along with 24 Hour Pizzeria and complimentary room service; Different Nightclub Show Each Evening at Sea; Full Gambling Casino; Singles Cocktail Party; Nautica Spa Program; Duty-Free Shopping; First-Run Movies Daily; Choice of Three Pools; Port of Call Activities; and lots more!

Our trip will depart New Orleans on Friday, November 13. Saturday will be a day at sea for conference sessions and ship activity. Sunday we will be docked in Tampa for adventures on your own. Monday is another day at sea. Tuesday we will be in port at Grand Cayman. Wednesday is Playa del Carmen and Cozumel. Thursday is our last day at sea with fun conference sessions and onboard activities. Friday morning is back in New Orleans.

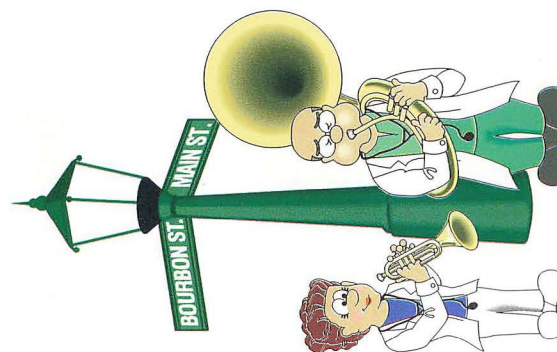
JOCULARITY CRUISE
PO Box 40129
MESA, AZ 85274

Only \$1095 !!!

*Per person, inside cabin, based on double occupancy. Includes all port taxes. 3rd or 4th person in cabin only \$595. Airfare not included. Call for prices on airfare. You will need a passport or certified birth certificate.

Approved for 19.4 hours of Nursing CEUs and 15.5 hours of Category 1 CMEs

<http://www.jocularity.com/crus98.html>



The 3rd Annual Jocularity Cruise

Psychoneuroimmunology

The Art and Science of the Mind-Body Connection

Presented by **November 13 - 20, 1998**

JOURNAL OF NURSING

Jocularity

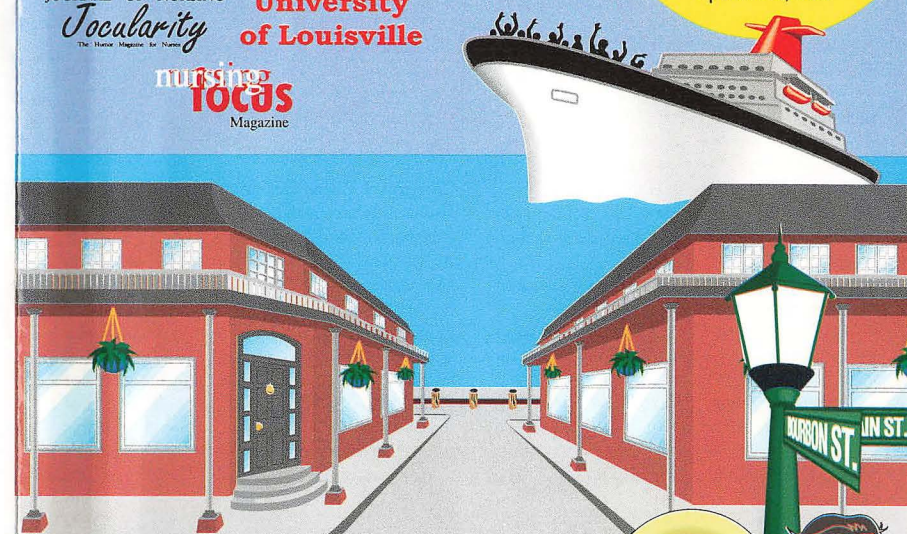
The Humor Magazine for Nurses

University of Louisville

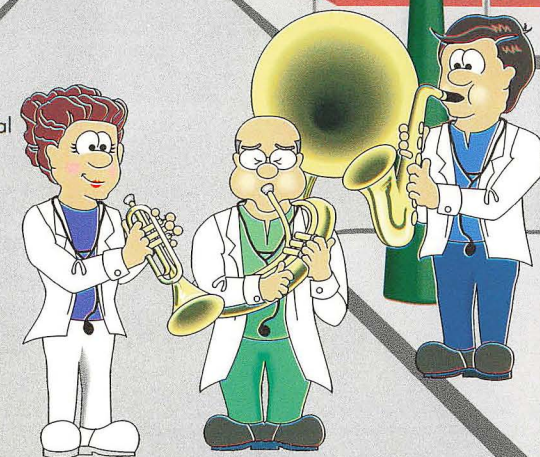
nursing focus
Magazine

A 7 Day Cruise
Aboard the Carnival
Celebration

Leaving from New Orleans
to the Western Caribbean
Including Tampa, Cozumel,
Playa Del Carmen and
Grand Cayman



Topics include:
Impact of Positive and Negative
Emotion on Symptoms and Survival
The PNI of Laughter
How to Build the PNI Benefits of
Humor Into Your Life
Molecules of Emotion
Neuroimmune Contributions to
Disease & Its Treatment
... and much more.



Approved for Nursing CEU's and Medical CME's

Speakers Include PNI Experts:

Dr. Candace Pert, PhD - Researcher and Author of "Molecules of Emotion"
Dr. David Felten, MD, PhD - Leading PNI Researcher
Dr. Clifford Kuhn, MD - The Laugh Doctor
Patty Wooten, RN - National Speaker, Trainer and Author
Leslie Gibson, BS, RN - Developed Comedy Cart Program at Morton Plant Hospital
Dr. Paul McGhee, PhD - Developmental Psychologist and Leading Humor Expert

3rd Annual Jolarity Cruise - Psychoneuroimmunology:
The Art and Science of the Mind-Body Connection

Target Audience - This program is designed for physicians and nurses in all specialties.

Course Objective - The purpose of this course is to present information and data on the science of psychoneuroimmunology.

- At the conclusion of the program, participants should be able to:
• Describe ways in which humor is a coping mechanism for stress.
• Assess the structure, function and interactions of our immune system components.
• Understand the current research and psychosocial influences of neuroimmune contributions to disease and its treatment.
• Learn basic skills for developing a high performing team as well as problem solving techniques.
• Understand the psychosomatic network, peptides, receptors and theories of emotion.
• Describe the effect of both positive and negative emotions on symptom development and survival.
• Define self esteem and influences on it, identify coping mechanisms and discover the power of creativity.
• Describe how our perceptions are guided by emotions.
• Distinguish the difference between spirituality and religiosity and how prayer, faith, hope and hopelessness influence our physical health.
• Identify mechanisms of laughter that affect health, describe the PNI changes that occur with laughter and understand the clinical results of the linkage of humor with PNI.
• Develop a personal program to improve one's humor skills after the cruise.
• Understand immune function, biological signaling and its significance.
• Distinguish healthy from unhealthy humor, identify the risks of using humor with patients and obtain practical guidelines for minimizing those risks.

Registration Information
Your Tuition Includes: Conference, Cruise, Meals, Port Charges, Destination and Federal Fees. If you purchase airfare with your cruise, your Airport Tax, and Transfers to and from the airport to the pier are included.

Cabin Availability
300 spots are available until 8/01/98. After this date please call to confirm space availability. Spots will be filled on a first come basis. Triple and quadruple occupancy is only available in a limited number of cabins so please book early if you would like multiple passengers in a single inside or outside cabin.

Accreditation
The Jolarity Cruise conference is jointly sponsored by the Journal of Nursing Jolarity and University of Louisville. Provider approved by the Arizona Nurses' Association, ID Number 101-98, for 19.4 contact hours of continuing education in nursing. Also approved by the California Board of Registered Nursing.

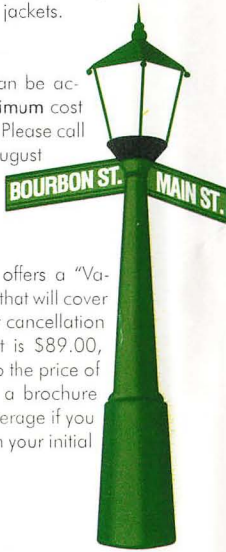
The University of Louisville School of Medicine is accredited by the Accreditation Council For Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians.

Category 1 Credit Designation
This activity has been planned and implemented in accordance with the Essentials and Standards of the Accreditation Council for Continuing Medical Education through joint sponsorship of the University of Louisville and the Journal of Nursing Jolarity. The University of Louisville School of Medicine is accredited by the ACCME to provide continuing Medical Education for Physicians. The University of Louisville Office of Continuing Medical Education designates this educational activity for a maximum of 15.5 hours in category 1 credit towards the AMA Physician's Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in this educational activity.

Clothing
Daytime: shorts, bathing suits, cover-ups. Dinner Attire: casual two nights; dressy, formal attire for Monday and Thursday Cocktail Parties and Dinners With the Captain. Remember, conference rooms can be cold - it is a good idea to bring sweaters or light jackets.

Travel Plan Variances
Flight plan changes can be accommodated at a minimum cost of \$35.00 per person. Please call before the deadline (August 1, 1998) for more information.

Insurance
Carnival Cruise Lines offers a "Vacation Protection Plan" that will cover delays, interruptions or cancellation of your trip. The cost is \$89.00, which may be added to the price of your cruise. Call for a brochure detailing complete coverage if you do not receive one with your initial confirmation letter.



Program

Humor as Survival Training (Greeting Session) Paul McGhee, PhD & Clifford Kuhn, MD. How can you survive and thrive amidst the changes affecting healthcare today? Humor is the key, as this fun-filled session will demonstrate. You'll laugh and play in preparation for learning more about humor and PNI in the days that follow.

Our Immune System - Structure, Function and Interactions Patty Wooten, RN, BS. Do the words cytokine, T-cell antigen receptors and major histocompatibility complex leave you baffled and confused? Before we can understand the intricacies of psychoneuroimmunology research, we must be familiar with the basic anatomy and physiology of the immune system. A detailed review of the immune system structure, function and interactions will be presented in a lively and entertaining style, guaranteed to make you laugh.

Neuroimmune Contributions to Disease & Its Treatment David L. Felten, MD, PhD. A review of human studies indicating that psychosocial factors influence immunity and influence disease outcome related to immune system function. This program will include consideration of stressors, depression and bereavement, infectious diseases, autoimmune diseases, some types of cancer and immune senescence.

Taking the Helm By Leading Your Team Leslie Gibson, RN, BS. Do you run an office, medical unit or a business? Are you a parent? If you answered "yes," you are a Team Leader! We will learn valuable skills to help improve decision making, problem solving, task sequencing and communicating. Do not miss this opportunity to share creative team building techniques, motivational activities and lots of laughter!

The Psychoneuroimmunology of Laughter Clifford C. Kuhn, MD. This amusing presentation describes 10 measurable effects of laughter on health. We will explore how each impacts the immune response, drawing on current research in the field of psychoneuroimmunology, and discuss the clinical implications of these data.

Impact of Positive and Negative Emotion on Symptoms and Survival Paul McGhee, PhD. Humor is only one among numerous vehicles to achieve a positive emotional state. The existing research on the effect of various positive and negative emotional states upon symptoms and survival rate will be discussed with an emphasis on this rapidly growing area of research. Dr. McGhee will help you use the power of humor to help substitute a positive for a negative mood/emotional state.

Full Esteem Ahead Leslie Gibson, RN, BS. How do you describe yourself? Do you worry about the opinion of others? In this presentation we will apply techniques to help individuals see the best in themselves and others. Learn how to break away from negative patterns. Self confidence will start you in positive directions. Only when you believe it can you achieve it!

Molecules of Emotion Candace B. Pert, PhD. Dr. Pert discusses endorphins and their role in producing euphoria and analgesia. But is there a way to mimic the effect of drugs such as valium, nicotine or marijuana and their receptors on cells of the immune system? This session proves that emotions are not confined to the brain, but in fact run the entire physiology. Dr. Pert defines the "bodymind" and shows that disease has a major psychosomatic component, providing a scientific rationale for the role of the mind in health.

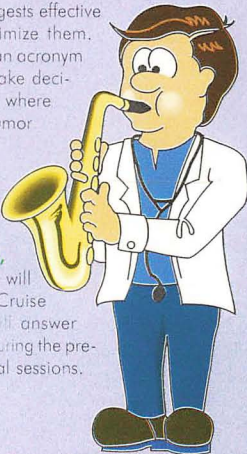
Faith, Hope and Forgiveness - The Power of the Human Spirit Patty Wooten, RN, BS. The thoughts and emotions we experience as well as the attitudes with which we face the world can have a powerful effect upon our body and our health. This program will review both the anecdotal evidence as well as the research studies that provide a convincing case for the therapeutic value of a hopeful attitude, a strong faith and the ability to forgive others.

How to Build the PNI Benefits of Humor Into Your Life Paul McGhee, PhD. Dr. McGhee shows participants how to improve their humor skills in order to use them effectively in everyday life through use of his 8-Step Program. Topics covered will include: determining the nature of your own sense of humor, verbal humor and sharing humor from one's own everyday life. This is an excellent session to learn how to create your own spontaneous humor through exercises that Dr. McGhee has developed.

Networks of Communication David L. Felten, MD, PhD. This session focuses on the role of endocrine (hormone) and autonomic nervous system influences on immunity and disease outcome related to immune responsiveness. It will outline what we know and what we do not know about the science that underlies mind-body medicine. Potential new strategies for treatment of diseases and protection/maintenance of immune function will be discussed.

The Art of Sharing Healthy Humor Clifford C. Kuhn, MD. This presentation identifies the risks involved in bringing more humor "to the bedside" and suggests effective strategies to minimize them. The word artist is an acronym which helps us make decisions about when, where and how much humor to share.

Panel Discussion Mediated by our education director Clifford Kuhn, MD. This session will include the PNI Cruise speakers, who will answer questions raised during the preceding educational sessions.



CONFERENCE REGISTRATION FORM
Please fill out completely

Make check or money order payable in U.S. funds only to:
Jolarity Cruise, PO Box 40129, Mesa, AZ 85274

Name _____ Title (MD, RN, etc.) _____
Home Address _____
City/State/Zip _____
Home Phone (____) _____ Work Phone (____) _____
SS No. (for Cat. 1 Credit) _____
Birthdate _____
(required by Carnival Cruise Lines)
Emergency Contact _____ Phone(s) _____
_____ Inside cabin - \$1095 double occupancy (3rd or 4th occupant, \$595)
_____ Outside cabin - \$1195 double occupancy (3rd or 4th occupant, \$595)
Amount Enclosed \$ _____
Credit Card # _____ - _____ - _____
(Visa, Mastercard or Discover) Exp. Date _____ Signature _____
For airfare arranged through Carnival Cruise Lines, enter your air city here: _____

(This will be an additional charge, price to be quoted per registrant)
Do you need a roommate? ☐ Yes ☐ No
☐ female ☐ male ☐ nonsmoking ☐ smoking*
*If a smoking roommate is not available you will need to share a room with a nonsmoker and refrain from smoking in your cabin.
Is roommate's registration enclosed? ☐ yes ☐ no
Name of your roommate(s) _____

For Telephone Registration Call 602-835-6165, Mon-Fri (9:00 a.m. - 3:00 p.m. Arizona time), FAX 602-835-6922

Payment Schedule
\$50 refundable deposit reserves space, \$350 due 6/1/98, balance due 8/1/98. After 5/31/98 a total deposit of \$400 will reserve your cabin with balance due on 8/1/98. After 6/30/98, the total balance of your cabin is required for booking.

Cancellations
There is a \$5.00 nonrefundable processing fee for any cancellations. All cancellations must be made to Jolarity Cruise in writing. \$45 of your deposit is refundable prior to 8/31/98. Cancellations between 9/1 - 9/30/98, will incur a \$150 processing fee; between 10/1 - 10/14/98 a \$300 processing fee. No refunds will be made for cancellations after 10/15/98*. *If a replacement can be found, the cancellation fee will be a maximum of \$100.